

Navajo Nation

Public Health Awareness Week

April 21—27, 2014



Theme—"Public Health: Save Lives, Save Money"

The Navajo Division of Health has designated April 21-27, 2014 as "Navajo Nation Public Health Awareness Week." The Navajo Division of Health has been and continues to be proactive on educating the public, policymakers and public health professionals about issues important to improving the Navajo Peoples' public health:

- Preventing diseases before they start is critical to helping people live longer, healthier lives while managing health-related costs;
- Preventable chronic diseases such as heart disease, cancer and diabetes are responsible for millions of premature deaths each year;
- Chronic diseases cause Americans to miss 2.5 billion days of work each year, resulting in lost totaling more than \$1 trillion this has impacted the United States and the Navajo Nation productivity;
- Investing just \$10 per person each year in proven, community-based public health efforts could save the nation more than \$16 billion within five years.

During Navajo Nation Public Health Awareness Week, we call upon the people of the Navajo Nation to observe this week by helping our families, friends, neighbors, co-workers and leaders better understand the value of public health and adopt preventive lifestyle habits in light of this year's theme, "Public Health: Save Lives, Save Money."

DAILY THEMES

Monday April 21	Tuesday April 22	Wednesday April 23	Thursday April 24	Friday April 25
Color: Red	Color: Green	Color: Turquoise	Color: Pink	Color: Blue
Preparedness & Response Day Save lives and safeguard communities from public health threats; CDC visit	Earth Day Protect water, air, endangered species and the natural environment; DHHS Tribal Consultation	Administrative Professionals Day Coordinate services with community-based businesses and providers; recognize Public Health administrative professionals	Breast Cancer & Disease Prevention Day Prevent cancer, diabetes, obesity, heart disease and help bring awareness to chronic diseases	Start at Home Day Promote healthy and nutritious habits at home early with maternal child health, family wellness and aging services
Physical Wellness	Occupational Wellness	Social Wellness	Environmental Wellness	Spiritual Wellness

Public Health Fair all week at the Navajo Nation Council Chambers from 10:00 am to 3:00 pm

Contact: (928) 871-7970 or 7969